

Milk sold as **PART OF SCHOOL MEALS AND SEPARATELY FROM SCHOOL MEALS** must comply with **Section 10-221q of the Connecticut General Statutes (C.G.S)**, the **U.S. Department of Agriculture (USDA)** regulations for school meals and the **USDA Smart Snacks nutrition standards for competitive foods**. Milk must be low-fat (1%) unflavored, fat-free unflavored or fat-free flavored, and cannot contain artificial sweeteners or exceed 4 grams of sugar per ounce. Reduced-fat (2%) milk and whole milk cannot be served. These requirements apply to all public schools, regardless of whether the district implements Healthy Food Certification (HFC) under C.G.S. Section 10-215f. The Connecticut State Department of Education (CSDE) encourages schools to choose products that also meet the "Better Choice" recommendations (see green and white columns on right).

This list includes products that comply with STATE AND FEDERAL requirements. Product formulations and packaging can change. **The nutrition information below is based on the package label or manufacturer information supplied at the time of product review.** If this information does not match the product label, please submit the product’s nutrition information to the CSDE. For more information, see *Submitting Food and Beverage Products for Approval* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/SubmitProduct.pdf).

The CSDE's *List of Acceptable Foods and Beverages* is updated regularly and is subject to change. To assist in identifying new items added since the previous edition of this list, the manufacturer and food item (first two columns) of all new items are highlighted in pink. For contact information for listed vendors, see *Contact Information for Vendors* (www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/FBList/VendorContact.pdf).

MILK, 1% LOW-FAT UNFLAVORED
AND FAT-FREE UNFLAVORED OR
FLAVORED

ELEMENTARY: Portion size limit of 8 fluid ounces
MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

MILK, 1% LOW-FAT UNFLAVORED AND FAT-FREE UNFLAVORED OR FLAVORED			STATE AND FEDERAL REQUIREMENTS FOR MILK (G.C.S. Section 10-221q, USDA Regulations and USDA Smart Snacks)															Better Choice Recommendations Choose products that meet all recommendations.	
												No more than 4 grams total sugars per ounce	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No caffeine				No artificial flavors or colors	No high fructose corn syrup
Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g) ¹	Grams of Sugars per Ounce	Standard Met?	Standard Met?	Vendor	Notes	Date of Review		
Byrne Dairy	1% Low-fat Milk, 8 fl oz	8 fl oz	100	2	18.0%	1	9.0%	0	125	0	11	1.4	yes	yes	Byrne Dairy	UPC 0-43119-00350-0	7/30/13	X	X
Byrne Dairy	Chocolate Fat-free Milk, 8 fl oz	8 fl oz	130	0	0.0%	0	0.0%	0	240	0	22	2.8	yes	yes	Byrne Dairy	UPC 0-43119-00373-9	7/30/13		X
Byrne Dairy	Fat-free Skim Milk, 8 fl oz	8 fl oz	80	0	0.0%	0	0.0%	0	125	0	11	1.4	yes	yes	Byrne Dairy	UPC 0-43119-00500-9	7/30/13	X	X
Byrne Dairy	Strawberry Fat-free Milk, 8 fl oz	8 fl oz	120	0	0.0%	0	0.0%	0	110	0	22	2.8	yes	yes	Byrne Dairy	UPC 0-43119-00394-4	7/30/13		X
Cream-O-Land	1% Low-fat Milk, 8 fl oz	8 fl oz	110	2	16.4%	1.5	12.3%	0	130	0	12	1.5	yes	yes	Cream-O-Land	Code 16	7/29/13	X	X
Cream-O-Land	Chocolate Fat-free Milk, 8 fl oz carton	8 fl oz	130	0	0.0%	0	0.0%	0	170	0	22	2.8	yes	yes	Cream-O-Land	Code 32	7/29/13		X
Cream-O-Land	Fat-free Milk, 8 fl oz carton	8 fl oz	90	0	0.0%	0	0.0%	0	150	0	12	1.5	yes	yes	Cream-O-Land	Code 20	7/29/13	X	X
Cream-O-Land	LactoZero 100% Lactose-free Fat-free Milk, 8 fl oz	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	Cream-O-Land, Guida	UPC 0-88365-02177-9; Case UPC 100-88365-02177-6	4/29/15	X	X
Cream-O-Land	Strawberry Fat-free Milk, 8 fl oz carton	8 fl oz	120	0	0.0%	0	0.0%	0	105	0	22	2.8	yes	yes	Cream-O-Land	Code 23	7/29/13		X
Garelick Farms	1% Low-fat Milk, 10 fl oz plastic bottle	10 fl oz	130	3	20.8%	2	13.8%	0	160	0	15	1.5	yes	yes	Garelick Farms	Code 153; UPC 0-30255-01054-7	8/8/13	X	X

MILK, 1% LOW-FAT UNFLAVORED AND FAT-FREE UNFLAVORED OR FLAVORED

ELEMENTARY: Portion size limit of 8 fluid ounces

MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

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												No more than 4 grams total sugars per ounce	No artificial sweeteners, nonnutritive sweeteners or sugar alcohols	No caffeine				No artificial flavors or colors	No high fructose corn syrup
Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g) ¹	Grams of Sugars per Ounce	Standard Met?	Standard Met?	Vendor	Notes	Date of Review		
Garelick Farms	1% Low-fat Milk, 8 fl oz paper carton	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	Garelick Farms	Code 32; UPC 0-07457-54500-8	11/14/14	X	X
Garelick Farms	1% Low-fat Milk, 8 fl oz plastic bottle	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	Garelick Farms	Code 5237; UPC 0-75457-11408-0	11/14/14	X	X
Garelick Farms	Fat-free Skim Milk, 8 fl oz paper carton	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	Garelick Farms	Code 114; UPC 0-07545-75460-0	11/14/14	X	X
Garelick Farms	Skinny Fat Free Milk, 10 fl oz plastic bottle	10 fl oz	110	0	0.0%	0	0.0%	0	150	0	15	1.5	yes	yes	Garelick Farms	Code 205; UPC 0-30255-01037-0	8/8/13	X	X
Garelick Farms	Skinny Fat Free Milk, 8 fl oz plastic bottle	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	Garelick Farms	Code 5238; UPC 0-75457-10408-3	11/14/14	X	X
Garelick Farms	Skinny Low-fat Milk, 8 fl oz plastic bottle	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	Garelick Farms	Code 5237; UPC 0-75457-11408-2	8/8/13	X	X
Garelick Farms	TruMoo Chocolate Fat-free Milk, 10 fl oz plastic bottle	10 fl oz	140	0	0.0%	0	0.0%	0	220	0	23	2.3	yes	yes	Garelick Farms	Code 47465; UPC 0-41900-07329-9	8/8/13	X	X
Garelick Farms	TruMoo Chocolate Fat-free Milk, 8 fl oz paper carton	8 fl oz	120	0	0.0%	0	0.0%	0	180	0	18	2.3	yes	yes	Garelick Farms	Code 45837; UPC 0-41900-07282-0	11/14/14		X
Garelick Farms	TruMoo Chocolate Fat-free Milk, 8 fl oz plastic bottle	8 fl oz	120	0	0.0%	0	0.0%	0	180	0	18	2.3	yes	yes	Garelick Farms	Code 47703; UPC 0-4190007293-3	11/14/14	X	X
Garelick Farms	TruMoo Coffee Fat-free Milk, 10 fl oz plastic bottle	10 fl oz	140	0	0.0%	0	0.0%	0	150	0	23	2.3	yes	yes	Garelick Farms	Code 47464; UPC 0-04190-00728-2	8/8/13	X	X
Garelick Farms	TruMoo Coffee Fat-free Milk, 8 fl oz paper carton	8 fl oz	110	0	0.0%	0	0.0%	0	125	0	18	2.3	yes	yes	Garelick Farms	Code 47573; UPC 0-04190-00734-3	11/14/14	X	X
Garelick Farms	TruMoo Coffee Fat-free Milk, 8 fl oz plastic bottle	8 fl oz	130	0	0.0%	0	0.0%	0	125	0	22	2.8	yes	yes	Garelick Farms	Code 47573; UPC 0-04190-00734-3	8/8/13	X	X
Garelick Farms	TruMoo Strawberry Fat-free Milk, 10 fl oz plastic bottle	10 fl oz	140	0	0.0%	0	0.0%	0	150	0	23	2.3	yes	yes	Garelick Farms	Code 47463; UPC 0-41900-07327-5	8/8/13	X	X
Garelick Farms	TruMoo Strawberry Fat-free Milk, 8 fl oz paper carton	8 fl oz	110	0	0.0%	0	0.0%	0	125	0	18	2.3	yes	yes	Garelick Farms	Code 46073; UPC 0-41900-07324-4	11/14/14		X
Garelick Farms	TruMoo Strawberry Fat-free Milk, 8 fl oz plastic bottle	8 fl oz	110	0	0.0%	0	0.0%	0	125	0	18	2.3	yes	yes	Garelick Farms	Code 46073; UPC 0-41900-07324-4	11/14/14	X	X
Guida's Dairy	1% Low-fat Milk, 8 fl oz paper	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	Guida	UPC 0-22451-10700-8	8/8/13	X	

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FLAVORED

STATE AND FEDERAL REQUIREMENTS FOR MILK
(G.C.S. Section 10-221q, USDA Regulations and USDA Smart Snacks)

Better Choice
Recommendations
Choose products that
meet all
recommendations.

ELEMENTARY: Portion size limit of 8 fluid ounces

MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g) ¹	Grams of Sugars per Ounce	Standard Met?	Standard Met?	Vendor	Notes	Date of Review	No artificial flavors or colors	No high fructose corn syrup
Guida's Dairy	Chocolate Fat-free Milk, 8 fl oz paper	8 fl oz	140	0	0.0%	0	0.0%	0	220	0	22	2.8	yes	yes	Guida	UPC 0-22451-01380-4	8/8/13	X	
Guida's Dairy	Fat-free Skim Milk, 8 fl oz paper	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	Guida, HPC	UPC 0-22451-01480-1	8/8/13	X	X
Guida's Dairy	Healthy Moo Strawberry Fat-free Milk, 8 fl oz paper	8 fl oz	120	0	0.0%	0	0.0%	0	100	0	20	2.5	yes	yes	Guida	UPC 0-22451-00230-3	8/8/13		X
Guida's Dairy	Strawberry Fat-free Milk, 8 fl oz	8 fl oz	130	0	0.0%	0	0.0%	0	130	0	22	2.8	yes	yes	Guida	UPC 0-22451-01290-6	7/30/13		
Harrisburg Dairies	Fat-free Chocolate Artificially Flavored Milk, 8 fl oz carton	8 fl oz	140	0	0.0%	0	0.0%	0	230	0	23	2.9	yes	yes	Marcus	Code 218	8/20/15		
Harrisburg Dairies	Fat-free Cookies & Cream Artificially Flavored Milk, 8 fl oz carton	8 fl oz	130	0	0.0%	0	0.0%	0	180	0	23	2.9	yes	yes	Marcus	Code 236	8/20/15		
Harrisburg Dairies	Fat-free Strawberry Artificially Flavored Milk, 8 fl oz carton	8 fl oz	130	0	0.0%	0	0.0%	0	110	0	23	2.9	yes	yes	Marcus	Code 230	8/20/15		
Harrisburg Dairies	Low-fat Milk, 8 fl oz carton	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	13	1.6	yes	yes	Marcus	Code 206	8/20/15		
Harrisburg Dairies	Skim Milk, 4 fl oz carton	4 fl oz	45	2.5	50.0%	1.5	30.0%	0	65	0	7	1.8	yes	yes	Marcus	Code 273. Portion size for the USDA NSLP and SBP meal patterns must be 8 fluid ounces.	8/20/15		
Harrisburg Dairies	Skim Milk, 8 fl oz carton	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	13	1.6	yes	yes	Marcus	Code 275	8/20/15		
Hershey's	Shelf Stable 1% Fat free Chocolate Milk, 8 fl oz aseptic	8 fl oz	100	2.5	22.5%	1.5	13.5%	0	105	0	13	1.6	yes	yes	Thurston		2/27/15	X	X
Hershey's	Shelf Stable 1% Low-fat White Milk, 8 fl oz aseptic	8 fl oz	100	2.5	22.5%	1.5	13.5%	0	105	0	13	1.6	yes	yes	Thurston		2/27/15		X

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Manufacturer	Beverage Item	Package or Serving Size	Calories	Fat (g)	% Calories from Fat	Saturated Fat (g)	% Calories from Saturated Fat	Trans Fat (g)	Sodium (mg)	Fiber (g)	Total Sugars (g) ¹	Grams of Sugars per Ounce	Standard Met?	Standard Met?	Vendor	Notes	Date of Review		
HP Hood, LLC	1% Low-fat Milk, 8 fl oz paper carton	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	125	0	12	1.5	yes	yes	Air Star Dairy, Cresecent Creamery, HP Hood LLC, Maple Hill Farms, Westside	UPC 0-44100-11183-9	7/30/13	X	X
HP Hood, LLC	Chocolate Fat-free Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	240	0	22	2.8	yes	yes	Air Star Dairy, Cresecent Creamery, HP Hood LLC, Maple Hill Farms, Westside	UPC 0-44100-11244-7	7/30/13		X
HP Hood, LLC	Coffee Fat-free Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	125	0	22	2.8	yes	yes	Air Star Dairy, Cresecent Creamery, HP Hood LLC, Maple Hill Farms, Westside	UPC 0-44100-11245-4	7/30/13	X	X
HP Hood, LLC	Fat-free Milk, 8 fl oz paper carton	8 fl oz	80	0	0.0%	0	0.0%	0	125	0	12	1.5	yes	yes	Air Star Dairy, Cresecent Creamery, HP Hood LLC, Maple Hill Farms, Westside	UPC 0-44100-10088-8	7/30/13	X	X
HP Hood, LLC	Lactaid Ultra-Pasteurized Lactose Free Calcium Fortified Fat Free Milk, 8 fl oz paper carton	8 fl oz	90	0	0.0%	0	0.0%	0	125	0	12	1.5	yes	yes	Air Star Dairy, Cresecent Creamery, Guida, HP Hood LLC, Maple Hill Farms,	UPC 0-41383-09032-5	7/30/13	X	X
HP Hood, LLC	Strawberry Fat-free Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	150	0	22	2.8	yes	yes	Air Star Dairy, Cresecent Creamery, HP Hood LLC, Maple Hill Farms, Westside	UPC 0-44100-11506-6	7/30/13		X
Marcus Dairy	1% Low-fat Milk, 8 fl oz paper carton	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	Marcus	UPC 0-75976-00136-8	8/2/13	X	X
Marcus Dairy	Fat-free Milk (Skim Milk), 8 fl oz paper carton	8 fl oz	90	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	Marcus	UPC 0-75976-00156-6	7/30/13	X	X
Marcus Dairy	Fat-free Milk, Chocolate, 8 fl oz paper carton	8 fl oz	140	0	0.0%	0	0.0%	0	220	0	2	0.3	yes	yes	Marcus	UPC 0-75976-00156-6	8/2/13	X	
Oakhurst Dairy	Oakhurst Strawberry Fat-free Milk, 8 fl oz paper carton	8 fl oz	130	0	0.0%	0	0.0%	0	100	0	22	2.8	yes	yes	Guida	UPC 0-73438-00238-0	9/30/14		X
Organic Valley	1% Low-fat Milk, 6.75 fl oz aseptic package	6.75 fl oz	90	2	20.0%	1.5	15.0%	0	105	0	10	1.5	yes	yes	Green Nature Marketing	UPC 0-93966-00567-7; 12-pack UPC 0-93966-00568-4; 24-pack UPC 0-93966-00569-1	7/31/15	X	X
Organic Valley	1% Low-fat Milk, 8 fl oz aseptic package	8 fl oz	110	2.5	20.5%	1.5	12.3%	0	130	0	12	1.5	yes	yes	UNFI	UPC 0-93966-00222-5	8/2/13	X	X
Schneider Valley Farms	1% Low-fat Milk, 8 fl oz paper carton	8 fl oz	100	2.5	22.5%	1.5	13.5%	0	125	0	12	1.5	yes	yes	Wade's Dairy	No code on carton.	7/26/13	X	
Schneider Valley Farms	Fat Free Skim Milk, 8 fl oz paper carton	8 fl oz	80	0	0.0%	0	0.0%	0	130	0	12	1.5	yes	yes	Wade's Dairy	No code on carton.	7/26/13	X	
Shamrock Farms	Fat Free Plus (Calcium Enriched) Milk, 12 fl oz plastic bottle	12 fl oz	150	0	0.0%	0	0.0%	0	220	0	20	1.7	yes	yes	Vistar	UPC 0-28300-00092-6; Case UPC 100-28300-00092-3	7/26/13	X	X

MILK, 1% LOW-FAT UNFLAVORED
AND FAT-FREE UNFLAVORED OR
FLAVORED

ELEMENTARY: Portion size limit of 8 fluid ounces

MIDDLE AND HIGH: Portion size limit of 12 fluid ounces

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Shamrock Farms	Lowfat mmmilk, 1% Low-fat Fat Milk, 12 fl oz plastic bottle	12 fl oz	160	3.5	19.7%	2.5	14.1%	0	180	0	17	1.4	yes	yes	Berkshire, Vistar	UPC 0-28300-00231-9; Case UPC 100-28300-00231-6	7/26/13	X	
Shamrock Farms	Lowfat mmmilk, 1% Low-fat Fat Milk, 7 fl oz plastic bottle	7 fl oz	110	2	16.4%	1.5	12.3%	0	140	0	13	1.9	yes	yes	Vistar	UPC 0-28300-00383-5; Case UPC 100-28300-55003-2	7/26/13	X	X